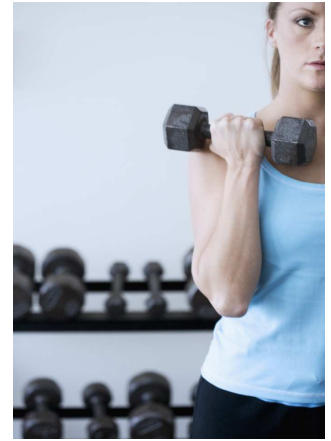


YMCA

STATE EMPLOYEE'S

EXERCISE SCHEDULE

TRUMAN BUILDING



JOIN NOW



- Do you have trouble fitting exercise into your schedule after work?
- Do you want to improve your fitness level and muscle tone?
- Do you enjoy working out with a group of people?
- Do you want to burn some calories on your lunch break?

Then sign up now! State employees have the opportunity to participate in aerobic group exercise classes at the Truman Building. Classes are held Monday through Friday in rooms 103 or 110 on the first floor. Class sizes are limited so sign up early by registering online at www.jcymca.org or stop in at the YMCA Firley location (Ellis Blvd.) to register in person or phone in with credit card (761-9000).

Fee: Y-Member FREE! Non-Member \$30/month

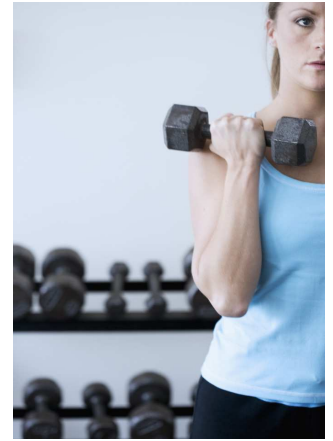
Day	Type of Class	Location/Instructor
Monday	Aerobic Mix	103 / Monica
Tuesday	Ab Class	103 / Charlene
Wednesday	Muscles N Motion / Step	110 / Claudia
Thursday	Kickboxing	103 / Charlene
Friday	Stability Ball	110 / Claudia/Glenda
All classes are held from 12:05 PM to 12:45 PM.		



YMCA

STATE EMPLOYEE'S EXERCISE SCHEDULE

SECRETARY OF STATE'S BUILDING



JOIN NOW



- Do you have trouble fitting exercise into your schedule after work?
- Do you want to improve your fitness level and muscle tone?
- Do you enjoy working out with a group of people?
- Do you want to burn some calories on your lunch break?

Then sign up now! State employees have the opportunity to participate in group exercise classes at the Secretary of State's Building. Classes are held Tuesday through Thursday. Class sizes are limited so sign up early by registering online at www.jcymca.org or stop in at the YMCA Firley location (Ellis Blvd.) to register in person or phone in with credit card (761-9000).

Fee: Y-Member **FREE!** Non-Member \$30/month

Day	Type of Class	Instructor
Tuesday	Aerobics	Monica
Wednesday	Muscles N Motion	Monica
Thursday	Abs	Glenda
All classes are held from 12:05 PM to 12:45 PM.		

